

SILVER SPOON

COOKBOOK

COOKBOOK


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King Size
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Old Fashioned
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Wheat Bread



French-Italian
Bread



Rite Diet
Bread



Sliced
Rye Bread

Silver Spoon Cookbook Recipe Contest

Past winners become judges

By BRENDA LUCAS
Of The Herald-Dispatch staff

Sarah Reed, Betsy Cook and Therese Kirby recently set aside their cooking utensils to mix their "kitchen expertise" in judging the recent 10th annual Silver Spoon Cookbook Recipe Contest, sponsored by The Herald-Dispatch. The three judges, past winners in the contest, agreed that judging "was a little more difficult than they had thought."

First- and second-place winners were selected from each of the five categories — appetizers and soups, salads, entrees, vegetables and casseroles, and desserts.

The first-place winners received \$25 plus a The Herald-Dispatch apron and Silver Spoon certificate. The second-place winners received \$15 plus an apron and certificate. Third-place honorable mentions were also chosen from each category. All entrants received a set of The Herald-Dispatch recipe cards.

On the cover

The photograph on the cover, by Lee Bernard, is of cooking utensils furnished by Victor's Delicatessen.

The 10 finalists were chosen from approximately 176 entries, down from last year's total of 220. The total for 1984 was 153.

Ms. Reed, 5268 Guyan River Road, placed first in 1985 in the appetizers and soups category for her entry of "Spinach Pie." She also won in 1978 for "Olympic Cauliflower"; in 1980 for "Crystal Caramel Custard"; in 1981 for "Paprika Beef Roast"; in 1983 for "Slice A'Orange Tart"; and in 1984 for "Green Salad with Hot Brie Dressing."

Ms. Cook of 129 Fairfax Drive also was a first-place winner in 1985 for the "Southern Chicken Bake" entry in the category of main courses. She won in 1983 for "Shrimp Rolls with Mushrooms

and Crab Asparagus Mold"; in 1984 for "Lamb Cubes Romanoff"; and in 1982, "Prune Cake with Butterscotch Glaze" and "Spider Bread."

"Easy Cheesy Pies" won for Ms. Kirby of 13 Circle Drive in 1983; "Hearty Lentil Soup" in 1982; and "Curried Chicken-Apple Salad" in 1985.

Last year's grand-prize winning entry was "Chicken Rocco," which was submitted by Jackie Evans of Whispering Pines Drive, Portsmouth, Ohio, in the vegetables and casseroles category.

Other first-place winners in last year's contest were: Ms. Reed, "Spinach Pie" in appetizers and soups category; Hilary Miley, "Wild Rice and Shrimp Salad," salads category; Ms. Cook, "Southern Chicken Bake," main courses category; and Glenna Lett, "Spumoni Cake," desserts category.

This year's category winners are on the following pages.

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Appetizers and soups



Margaret Putt

First place

BROCCOLI CHICKEN CREAM SOUP

1 pound chicken backs
 1/2 cup chopped onion
 1 1/2 teaspoons salt
 1/2 teaspoon pepper
 3 3/4 cups water
 3 tablespoons flour
 1/4 teaspoon curry powder

2 cups (10-ounce package) frozen chopped broccoli
 1 1/2 cups instant dry milk crystals

Place chicken backs, onion, salt, pepper and 2 cups water in large saucepan. Heat to boiling. Reduce heat and simmer, covered, about 40 minutes or until chicken is tender. Remove backs and cool. Skim excess fat from top of broth if desired. Shred meat from bones and return to broth. Discard bones. Mix flour and 1/2 cup broth until smooth. Stir into broth. Add curry powder and broccoli. Bring to boil. Reduce heat and simmer 10 minutes, stirring frequently. Remove from heat. Combine instant dry milk crystals and 1 1/4 cups water until blended. Gradually stir into broth mixture. Heat to serving temperature. DO NOT BOIL. Makes about 5 1/2 cups.

Margaret Putt
 1215 10th Ave.
 Huntington

Second place

ITALIAN KNIFE AND FORK SOUP

1/2 pound EACH sweet and hot Italian pork sausages, quartered
 1/4 cup water
 2 tablespoons olive oil
 4 potatoes, thinly sliced
 1 EACH large red and green pepper, seeded and cut in strips
 1 small yellow onion, sliced
 3 cloves garlic, minced
 1 teaspoon oregano
 1/2 teaspoon rosemary
 3/4 cup tomato paste

1/4 cup water
 4 cups beef broth
 salt and pepper

In large kettle, simmer sausages in 1/4 cup water over medium-high heat 4 minutes, covered.

Uncover kettle, discard water, increase heat and brown sausages for 5 minutes. Remove with slotted spoon and set aside. Discard fat and wipe kettle.

Heat oil in kettle. Add potatoes, peppers, onion, garlic, oregano and rosemary and saute 5 minutes.

Stir in tomato paste, 1/4 cup water, beef broth and reserved sausages. Cover and cook 10 minutes. Season with salt and pepper to taste and serve. Serves 4.

Beverly Ferguson
 Route 2
 Patriot, Ohio

Honorable mention

HOT VEGETABLE/CRACKER DIP

1 pint sour cream
 1 (8-ounce) package cream cheese
 1 (2 1/2-ounce) jar dried beef, shredded
 2 tablespoons onion
 1 teaspoon garlic salt
 1/2 green pepper, chopped
 2 tablespoons melted butter
 1/2 cup chopped walnuts

Cream sour cream and cream cheese. Shred dried beef. Add onion, salt and 1/2 of chopped green pepper. Add to cream mixture. Place in bak-

Continued Page C5

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Appetizers and soups

From Page C4

ing dish. Top with chopped nuts tossed in melted butter. Bake at 350 degrees for 1/2 hour.

Necia Thompson Freeman
1659 Union Ave.
Barboursville

RUM CHEESE DATE NUT SPREAD

- 2 (8-ounce) packages cream cheese
- 1/2 cup chopped dates
- 1/2 cup chopped nuts
- 3 tablespoons rum

Mix ingredients together in food processor until thoroughly mixed. Pour into dish, refrigerate overnight. Serve with crackers.

Mrs. Forse Baisden
P.O. Box 272
Red Jacket, W. Va.

HOT SAUSAGE BALLS

- 1 pound hot sausage
- 3 cups Bisquick
- 1 small jar Cheese Whiz
- 1/2 cup milk

Mix together and roll in small balls. Dough will be sticky. You can flour your hands to keep from sticking. Bake at 350 degrees for about 20 minutes. Makes several balls. Leftovers can be reheated in microwave or oven. Store leftovers in Tupperware.

Linda L. Holton
Route 3
Branchland, W. Va.

FRUIT SALAD DRESSING

- 1/2 cup honey



- 1/4 cup hot water
- 1/4 cup lemon juice
- 1/4 cup salad oil
- 1/4 teaspoon salt
- 1/4 teaspoon ginger

Combine all ingredients in a small bowl. Beat until well blended. Store in airtight jar and set in refrigerator. Chill for at least four hours. Serve this dressing over a can of drained fruit cocktail.

James F. Kowaloski
430 2nd St.

CREPE ENVELOPES

- Crepes:
- 4 eggs
- 2 cups flour
- 2 cups water
- 2 tablespoons oil
- 1 teaspoon salt
- Filling:
- 1 container Ricotta cheese
- 4 large potatoes, boiled
- 1 large onion

salt
black pepper

Place crepe ingredients in order given in a blender, process until smooth. Cook crepes with a crepe-maker or in a small skillet prepared with a paper towel dipped lightly in oil. Rotate 3 tablespoons of batter in bottom of hot skillet spreading to edges. Bake until set and opaque. Saute diced onion in butter until translucent. Add to cooked potatoes and cheese. Mash coarsely with a fork or potato masher, add salt and lots of black pepper. Place a heaping tablespoon of filling in center of crepe, folding sides into a package or envelope. Envelopes can be refrigerated until time to serve. Melt 3 tablespoons of butter and place envelopes in a large skillet, turning once, cook until crisp and browned. Serve hot with sour cream. Makes 30-35 crepe envelopes. Recipe can also be used as a main dish that goes well with sausages.

Helen D. Foster
Sand Hill Road
Route 1
Point Pleasant, W. Va.

BROWN DELIGHTS

- 1 pound hamburger
- 1 pound sausage, hot
- 1 pound velveeta cheese
- 1 tablespoon oregano
- 1 teaspoon worcestershire sauce
- 1 loaf party rye bread

Brown hamburger and sausage, then drain. Add oregano and worcestershire.

Continued Page C6

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Appetizers and soups

From Page C5

ershire sauce. Mix with 1 pound velveeta cheese on stove, then place on party rye bread. These can then be frozen and used whenever needed heating them then at 350 degrees until thawed.

Lynette Call
700 Kuhn St.
Barboursville

HOT SAUCE WITH COCKTAIL WIENERS

1/4 cup ketchup
1/4 cup Heinz chili sauce
2 squirts lemon juice
2 shakes worcestershire sauce
dash onion salt
1 teaspoon horseradish
1 can 5 biscuits, quartered
20 cocktail wieners

Stir together ketchup, chili sauce and worcestershire sauce. Combine with lemon juice, onion salt and horseradish. Refrigerate until needed. Quarter each of 5 biscuits and wrap each quarter around cocktail wiener. Place wieners on cookie sheet and bake at 400 degrees until biscuits are browned. Remove from oven and serve immediately with cocktail sauce.

Susan Ferguson
P.O. Box 2482

JALAPINO PEPPER PIE

1 can finely chopped Jalapino peppers
block of cheese
bacos or crumbled bacon



4 eggs, beaten until frothy

Grease 9- by 9-inch pyrex baking dish. Sprinkle peppers in bottom of pan. Grate cheese on top to 1 1/2 inches thick. Pour beaten eggs over cheese (do not stir).

Sprinkle bacon on top. Bake at 350 degrees for 35 minutes. Cut into squares and serve warm.

Martin Hudson
3304 Thomas Ave

SPAGHETTI SAUCE

1 pound ground beef
1 large can tomatoes
1 large onion
1 large green pepper
1 tablespoon salt
1 teaspoon oregano
pepper to taste

Crumble ground beef in a large skillet and brown. Drain off liquid. Add chopped onion and chopped green pepper. Add large can of tomatoes and seasonings. Mix well. Cook about 10 minutes on low heat, stir occasionally.

Kathy Frame
Route 1
Proctorville, Ohio

CHINESE EGG ROLLS

2 pounds chicken
1 package fresh mushrooms
1 can bean sprouts
2 bunches green onions
1 onion
1 teaspoon salt
1 tablespoon pepper
1 cup Chinese cabbage
1/4 cup soy sauce
egg roll skins

Boil and debone chicken. Chop up vegetables very fine. Sauté the vegetables, add salt, pepper and soy sauce. Mix with chicken. Wrap in egg roll skins. Deep fry until golden brown.

Eugenia Webb
437 Malcolm Lane
Kenova

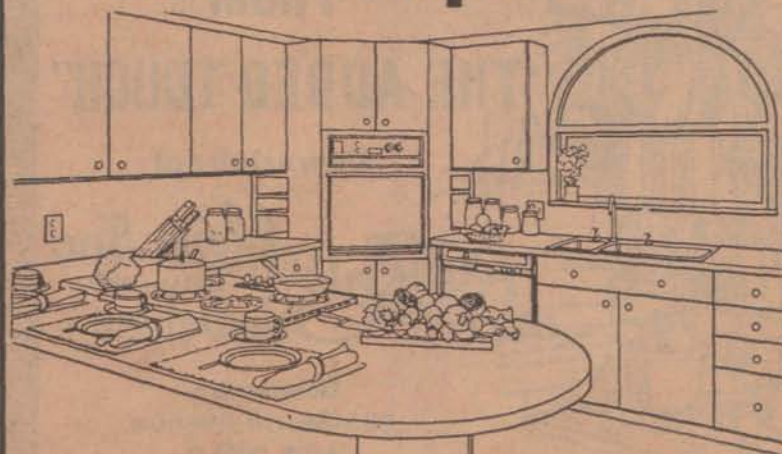
SPECIAL BLENDER CHEESE DIP

1/4 pound blue cheese, crumbled
1 (3-ounce) package cream cheese
1/4 cup dairy sour cream
2 tablespoons pineapple juice
2 teaspoons worcestershire sauce
1/2 teaspoon monosodium glutamate
1 drop tabasco
4 or 5 sprigs parsley
1 slice onion

Put into blender container; cover and turn on motor. Blend until smooth. Makes about 1 1/2 cups.

Steve Hamlin
Route 1
Chesapeake, Ohio

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Salads



Helen K. Wellman

First place

A DIETER'S DREAM SHRIMP SALAD

- 1 (4½-ounce) can shrimp
- 1 (1-pound) can cut green beans
- 1 garlic clove, thinly sliced
- 1 tablespoon salad oil
- ¼ teaspoon dry mustard
- ½ teaspoon sugar
- ¼ cup vinegar

- 2 chicken bouillon cubes
- ¾ cup uncooked rice
- 1 cup sliced celery
- ½ cup sliced scallions or sweet onion
- 2 cups shredded crisp lettuce
- soy sauce (optional)

Chill shrimp and beans. Drain both, reserving the bean liquid. Crush garlic in a large salad bowl. Add oil, mustard, sugar, vinegar, shrimp and beans. Toss well; refrigerate.

Heat bean liquid; add bouillon cubes and stir until dissolved. In a saucepan, combine liquid with enough water to make 2 cups. Add rice. Bring to a boil and cook rapidly, uncovered, about 8 minutes or until rice stands above the water line. Reduce heat to lowest point; cover and steam 12-14 minutes.

Spread rice in a shallow pan to cool, using a fork to separate the grains. Refrigerate 10 minutes or until needed. At serving time, add rice to shrimp and bean mixture; toss together with celery, onion and lettuce. Serve with soy sauce. Serves 4.

Helen K. Wellman
531 Adams Ave.
Huntington

Second place

COURTYARD SALAD

- 1 head shredded lettuce
- 16 tomato wedges
- 1 cup miniature shrimp
- ½ cup mushrooms
- rings of purple onion

- ¼ cup black olives

- 16 slices avocado

Mix all ingredients EXCEPT avocado and chill for 1 hour. Top salad with avocado. Serve with a Russian or French salad dressing.

James F. Kowaleski
430 2nd St.
Huntington

Honorable mention

HOT TURKEY SALAD

- 2 cups cooked turkey
- ¼ teaspoon salt
- 2 teaspoons lemon juice
- ½ cup grated American cheese
- 2 cups chopped celery
- ½ cup chopped nuts
- 2 teaspoons grated onion
- 1 cup mayonnaise
- 1 cup crushed potato chips

Add celery, pecans, salt, onion, lemon juice and mayonnaise to turkey and mix well. Put in greased casserole and cover with cheese and potato chips. Bake at 450 degrees for 10 minutes.

Lynette Call
700 Kuhn St.
Barboursville

CAULIFLOWER SALAD

- 1 large head cauliflower, broken into bite-size pieces
- 1 large head lettuce, broken into bite-size pieces
- 1 large onion, chopped
- ½ pound bacon, fried and chopped

Continued Page C8

Belle's
313 9th St.
LUXURIOUS FURS

Salads

From Page C7

- 2 cups mayonnaise
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup Parmesan cheese

Layer cauliflower, lettuce and onions in a bowl. Cover. Refrigerate 12 hours (without dressing).

Before serving, mix mayonnaise, sugar, Parmesan and bacon. Toss with salad. Serves 6-8.

Karen Dicker
201 10th Ave. W

FRUIT SALAD

- 1 large can fruit cocktail
- 1 large can unsweetened pineapple chunks, in own juice
- 2 cans mandarin oranges
- 4 bananas, sliced
- 2 boxes lemon instant pudding

In large bowl, combine fruit cocktail, pineapple chunks, oranges, sliced bananas; include juices of fruits, also. Pour in lemon pudding, directly from box and mix thoroughly. Chill for 2 hours and serve.

Susan Ferguson
Huntington

OVERNIGHT VEGETABLE SALAD

- 1 medium head lettuce, broken into bite-size pieces
- 1 small head cauliflower, broken into bite-size pieces
- 1 pound bacon, fried crisp and crumbled

- 1 medium onion, diced fine
- Dressing:
- 2 cups mayonnaise
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ cup Parmesan cheese



- 1 tablespoon salt
- $\frac{1}{4}$ teaspoon pepper

Layer the lettuce, cauliflower, bacon and onion (in that order) into a salad bowl. Combine dressing ingredients and spread over top. Cover tightly with plastic wrap. Refrigerate overnight. Toss before serving.

Sonya H. Davis
312 $\frac{1}{2}$ 6th Ave., Apt. 2

JELLO SALAD

- 1 pound cottage cheese
- 1 large size lime jello
- 1 (20-ounce) can drained pineapple, crushed or chunks
- 1 (8-ounce) container Cool Whip

Sprinkle dry jello over cottage cheese. Stir in pineapple and fold in Cool Whip. Let set overnight or 2-3 hours.

Note: Can also use orange or strawberry jello, instead of lime.

Linda L. Holton
Route 3
Branchland, W.Va.

BROCCOLI-CAULIFLOWER MEDLEY

- 2 cups fresh broccoli flowerettes, cut in bite-size pieces
- 2 cups fresh cauliflower flowerettes, cut in bite-size pieces
- $\frac{1}{2}$ cup chopped onion
- 4 hard-boiled eggs, chopped
- 1 cup buttermilk ranch salad dressing
- 6 cherry tomatoes, halved

In large serving bowl, combine broccoli, cauliflower, onion and eggs. Add salad dressing and mix well. Garnish with cherry tomato halves. Chill at least one hour before serving. Serves 6.

Mary P. Ingaglio
15 Garden Lane, Apt. 2

SUN SALAD WITH LEMON DRESSING

- 1 small head lettuce
 - $\frac{1}{2}$ onion, chopped
 - 1 carrot, grated
 - 1 hard-boiled egg, chopped
 - $\frac{1}{2}$ green pepper, chopped
 - $\frac{1}{2}$ cup Colby cheese, diced
 - $\frac{1}{2}$ cup toasted sunflower seeds
 - 2 tablespoons toasted wheat germ
- Break lettuce into salad bowl. Combine remaining ingredients, mixing well, including lemon dressing. Pour over lettuce and chill.

LEMON DRESSING

- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{2}$ cup salad oil
- $\frac{1}{4}$ teaspoon paprika
- 1 tablespoon sugar
- $\frac{1}{4}$ teaspoon salt (optional)

Margaret Putt
1215 10th Ave.

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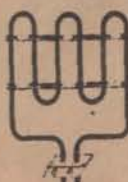
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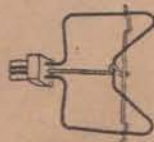
ELECTRIC RANGE
SURFACE ELEMENTS



BAKE & BROIL
HEATING ELEMENTS









POTATO-BEAN SALAD

- 1 (303-size) can kidney beans
- 1 (303-size) can yellow wax beans
- 1 (303-size) can green beans
- 4 cups diced cooked potatoes
- $\frac{1}{2}$ cup chopped or strips green pepper
- $\frac{1}{2}$ cup chopped or strips red mango pepper
- $\frac{1}{2}$ onion, sliced thin
- Drain and rinse beans.
- Add potatoes, peppers and onion. Make dressing:
- $\frac{1}{2}$ cup vinegar
- $\frac{1}{2}$ cup cooking oil
- $\frac{1}{2}$ cup sugar
- 1 teaspoon salt
- pinch pepper

Cover salad with dressing. Let stand several hours or overnight. Drain before serving. Serves 12.

Colleen Dunfee
P.O. Box 954
Proctorville, Ohio

SUNSHINE SALAD

- $\frac{1}{2}$ of 21-ounce can (1 cup) apricot pie filling

- $\frac{1}{2}$ of 14-ounce can ($\frac{3}{4}$ cup) sweetened condensed milk
- $\frac{1}{2}$ of 4 $\frac{1}{2}$ -ounce carton frozen whipped dessert topping, thawed
- $\frac{1}{4}$ cup lemon juice
- 2 (11-ounce) cans mandarin orange sections, drained
- 15 $\frac{1}{4}$ -ounce can pineapple chunks, drained
- $\frac{1}{2}$ cup tiny marshmallows
- $\frac{1}{2}$ cup chopped walnuts
- $\frac{1}{4}$ cup flaked or shredded coconut

In large bowl, combine pie filling, condensed milk, whipped topping and lemon juice. Reserve several orange sections. Fold remaining orange sections into apricot mixture along with pineapple, marshmallows, chopped walnuts and coconut. Cover and refrigerate several hours or overnight. Garnish salad with reserved oranges and sprinkle with additional coconut. Serves 8-10.

Beverly Ferguson
Route 2
Patriot, Ohio

Salads

From Page C8

QUICK AND EASY COLD PASTA SALAD

1 pound spaghetti, broken into thirds
16-ounce Italian salad dressing
1/2 jar McCormick Salad Supreme
Cook spaghetti, rinse, drain and cool. Add next two ingredients and chill overnight. Add the following the next day before serving.
chopped tomatoes
cucumbers, diced
green onions
green pepper, diced
celery, chopped

Darlene Campbell
P.O. Box 139
McAndrews, Ky.

12 HOUR SLAW

1 large head cabbage
1 large onion
1 large green pepper
1 cup sugar
1 cup vinegar
1/2 cup salad oil
1 teaspoon celery seed
1/4 teaspoon dry mustard
salt and pepper to taste

Shred cabbage, onion and green pepper into large bowl. Stir well. Pour sugar over mixture. Do not stir. Combine vinegar, oil, celery seed, salt, pepper and dry mustard. Bring to a rolling boil. Pour over cabbage and sugar mixture while hot. Do not stir. Refrigerate 12 hours. Stir well before serving.

Becky Jackson
Route 1
Crown City, Ohio

EASY COLE SLAW

1/4 head cabbage, medium size
1 carrot, peeled and cut in inch pieces
1/2 sweet pepper, seeded and cut in pieces
1/2 onion, peeled and cut in slices
Cut cabbage in pieces. Place in blender. Add carrot, sweet pepper and onion. Cover with cold water. Blend until all items are well cut. Pour entire contents in a strainer. Drain for 10 minutes. Place in a mixing bowl and add 1/4 cup mayonnaise and enough Lawry's seasoned salt to taste.

Mrs. John D. Dailey
75 Oakwood Road

SNOWY CHICKEN CONFETTI SALAD

2 envelopes (2 tablespoons) unflavored gelatin
1/2 cup cold water
1 can condensed chicken consomme
1 cup mayonnaise
2 1/2 cups diced, cooked or canned chicken
1/2 cup diced green pepper
1/2 cup diced celery
1/2 cup diced pimiento
1/4 cup lemon juice
1/4 teaspoon salt
1 cup heavy cream

Soften gelatin in cold water. Dissolve in hot consomme. Chill until partially set. Stir in remaining ingredients, except cream. Fold in whipped cream. Pour into a 1 1/2-quart mold. Chill until firm. Serves 10.

Before unmolding salad gelatin, rinse platter with cold water so mold will slide on it. To loosen mold, run

tip of knife between gelatin and pan. Dip mold just to rim in warm water for a few seconds. Place wet platter atop mold, hold tight, invert quickly. Lift off pan. Push mold with back of spatula to center it.

Gerry Svesko
P.O. Box 612
Huntington

ORANGE SALAD

1 large box Jello, orange flavor
1 cup coconut
1 cup shredded carrots
1/2 cup chopped pecans
1 small can mandarin oranges

Make Jello according to directions. Let set in refrigerator for about 1 hour. Mix coconut, shredded carrots, chopped pecans and chopped mandarin oranges. Pour into Jello and mix, return to refrigerator until Jello completely sets.

Necia Thompson Freeman
1659 Union Ave.
Barboursville

CARROT SALAD

5 cups sliced carrots, parboiled about 15 minutes and drained
1 can tomato soup
3/4 cup white vinegar
1/2 cup oil
3/4 cup sugar
1 teaspoon dry mustard
1 teaspoon salt
1 teaspoon worcestershire sauce
2 onions, sliced thin
1 green pepper, sliced thin

Mix together. Refrigerate for 24 hours before serving.

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Entrees



Sandra Sowards

First place

HAM LOGS WITH RAISIN SAUCE

- 1 pound ground ham
- ½ pound freshly ground pork
- ¾ cup milk
- ½ cup quick rolled oats
- ½ teaspoon salt
- 1 egg, beaten
- 2 tablespoons horseradish (optional)
- ½ teaspoon pepper
- 1 tablespoon cornstarch
- ¾ cup cold water
- 2 tablespoons lemon juice
- 2 tablespoons vinegar
- ½ cup brown sugar, packed
- ¼ cup raisins

Combine first 8 ingredients. Mix well. Shape into 8 logs. Place in 2-quart shallow baking dish. Blend together cornstarch and water, add remaining ingredients and cook, stirring until mixture bubbles. Pour over ham logs. Bake at 350 degrees for 40-45 minutes, basting several times with sauce.

Sandra Sowards
Route 1
Milton

Second place

ITALIAN PORK CHOPS

- ½ cup fine bread crumbs
- 2 teaspoons Italian seasoning
- 3 tablespoons Parmesan cheese
- ½ teaspoon salt
- ¼ teaspoon pepper
- 6 pork chops, boned
- ½ cup flour
- 1 egg, beaten
- ¼ cup water
- ¼ cup olive oil
- 1 (8-ounce) can tomato sauce
- 6 slices mozzarella cheese

Combine bread crumbs, Italian seasoning, Parmesan cheese, salt and pepper. Flatten each chop with a meat tenderizer. In small bowl, com-

bine egg and water.

Flour chop, dip in egg-water mixture, then crumb mixture. Heat oil in skillet. Brown chop on both sides. Place in large baking pan. Put one tablespoon tomato sauce on each chop, then a slice of mozzarella cheese, then 1 more tablespoon tomato sauce on each. Bake 20-30 minutes at 325 degrees.

Mrs. Duane Hopkins
1656 Buffalo Creek Road
Huntington

Honorable mention

CURRIED HONEY SCROD

- ¼ cup honey
- ¼ cup Dijon-style mustard
- 2 tablespoons lemon juice
- 2 teaspoons curry powder
- 1 teaspoon salt
- 1½ pounds fresh cod, sole or other white meat fish
- snipped chives and parsley

Blend honey, mustard, lemon juice, curry and salt. Place fish in shallow dish. Spread some honey mixture over fish and turn to do the other side. Let stand for approximately 20 minutes. Place fish in shallow glass baking dish. Bake at 350 degrees for 20-25 minutes or until done. Brush occasionally with marinade. Place cooked fish on plate and top with remaining heated marinade. Add chives and parsley and garnish with halved cherry tomatoes.

Martin Hudson
3304 Thomas Ave.
Huntington

ITALIAN MEAT LOAF SUPREME

- 1 (10-ounce) can Italian bread crumbs
- 2½ cups milk
- 1 large can whole tomatoes, reserve juice
- 3 tablespoons sugar
- 2 large onions
- 5 pounds hamburger
- 3 eggs
- 1 teaspoon salt
- 1 teaspoon seasoned salt
- ½ teaspoon pepper
- 1½ tablespoons garlic salt
- 2 tablespoons dried basil
- 2 tablespoons oregano
- 2 tablespoons sugar

Preheat oven to 350 degrees. Soak bread crumbs in milk for 10 minutes. Chop tomatoes and onions into small pieces. Blend tomato juice and 3 tablespoons sugar and set aside.

Mix bread crumb mixture, tomatoes, onions and remaining ingredients. Shape into a loaf in a large pan. Pour sweetened juice over loaf and bake for 1-1½ hours. Spoon juices over loaf while baking. Serves 10-12.

Catherine Braley
Wind Haven Farm
1 Braley Road
Barboursville

QUICK AND EASY STROGANOFF

- 1½ pounds round steak
- 1 can Campbell's cream of mushroom soup

- 1 envelope brown gravy mix
- 1 small can mushroom stems and pieces

- ½ cup diced carrots, cooked

Cut steak into bite-size pieces, brown in skillet. Blend mushroom soup with 1 can water and gravy mix, add to meat. Add can of mushrooms and cooked carrots. Simmer 30 minutes or until desired consistency. Serve over hot buttered noodles or rice.

Dee Moore
621 Pike St.
Coal Grove, Ohio

HOT RICE

- 1 cup regular rice
- 1 medium size onion
- 1 clove garlic
- 2½ cups chicken broth
- salt and pepper to taste
- small can Jalapino relish

Brown rice, onion and garlic in oil. Add chicken broth and relish. Boil and then simmer 25 minutes.

Mrs. Nell Mollette
P.O. Box 85
Red Jacket, W.Va.

PORK TENDERLOINS IN CREAM SAUCE

- 1 to 1½ pounds pork tenderloins
- 1 can cream of mushroom soup
- 1 chicken bouillon cube
- 1 can sliced mushrooms
- ½ can milk
- season with pepper

In an electric skillet at 350 degrees, brown pork tenderloins for 5-10 minutes per side. After browning the pork tenderloins, dab each tenderloin with cream of mushroom soup. Then add bouillon cube, mushrooms, milk and pepper. Reduce heat and simmer for 30 minutes — turning tenderloins about every 10 minutes.

Sandra Budden
88 Valley Terrace

CHICKEN BREASTS SUPREME

- 12 skinned or deboned chicken breasts (other pieces may be used)
- 1 cup sour cream
- ¼ cup lemon juice
- 4 teaspoons worcestershire sauce
- 4 teaspoons celery salt
- 2 teaspoons paprika
- 2 teaspoons pepper
- salt to taste
- 2 teaspoons garlic powder

Skin chicken and salt to taste. Mix all other ingredients (sour cream, lemon juice, worcestershire sauce, celery salt, paprika, pepper and garlic powder). Blend well. Coat chicken with mixture and refrigerate overnight in airtight container.

Roll each piece of chicken in Pepperidge Farm Herb Dressing Mix (crushed). Place in large, greased flat pan. Do not cover. Melt 1 stick of butter or margarine — spoon half of it over chicken. Bake at 350 degrees for 45 minutes. Remove from oven and spoon remaining butter over chicken and bake an additional 15 minutes.

Continued Page C11

Entrees

From Page C10

* Note: You may use the sour cream marinade to mix with the butter to pour over the chicken.

Carol Ann Hall
805 6th St.

CHICKEN CHIMICHANGAS

- 1 pound chicken
- 1 (10-ounce) can tomatoes and green chile
- 1 packet taco seasoning mix
- 10 flour tortillas
- 3 cups chopped lettuce
- 2 cups shredded cheese
- 1/4 cup chopped onion
- 1 1/2 cups taco sauce

Pressure cook chicken. When done (falls off bone), debone meat, take skin off and shred meat. Blend all ingredients together with chicken. Wrap in flour tortillas. Deep fry until golden brown.

Eugenia Webb
437 Malcolm Lane
Kenova

EASY BEEF ENCHILADAS

- 10 flour tortillas
- 1 clove garlic, minced
- 1 large onion, chopped
- 1 1/2 pounds ground beef
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 (4-ounce) can mild green chilies, drained and seeded
- 1 (8-ounce) can tomato sauce
- 1 (10-ounce) can mild enchilada sauce
- 1 cup milk
- 1 1/2 cups shredded Monterey Jack cheese
- sour cream

Mix together garlic, onion and ground beef, and brown in large skillet. Stir in chili powder, cumin and chilies; simmer covered, stirring occasionally, 20 minutes. Stir in 1/2 cup of jack cheese.

In a large bowl, mix together tomato sauce, enchilada sauce and milk.

Heat oven to 350 degrees. Fry each tortilla in ungreased frying pan, turning once, until light brown spots appear on each side, or put in microwave oven, and cook on high 30 seconds for each tortilla.

Fill tortillas with meat mixture. Roll up and place seam-sides down in greased 13- by 9- by 2-inch casserole. Pour sauce over tortillas.

Sprinkle remaining cheese over sauce. Bake 30 minutes.

Serve with sour cream, putting one large scoop on each enchilada.

Christine M. Cardenas
6182 Booten Creek Road
Barboursville

ITALIAN CHICKEN ROLLS

- 6 chicken breast halves
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup Italian sausage (4 links)
- 1 cup finely chopped onion
- 1 cup finely chopped parsley
- 1/2 cup Ritz cracker crumbs
- 1 cup sour cream



- 2 tablespoons margarine
- 1/2 pound mushrooms, sliced
- 1 cup milk
- 1 tablespoon cornstarch
- 1/2 teaspoon salt
- 2 tablespoons margarine
- Split, skin and bone chicken breasts; pound between sheets of plastic wrap to 1/4-inch thickness; season with salt and pepper. Cut each chicken breast in three pieces.

Remove sausage casing and mix sausage, onion, parsley, cracker crumbs and sour cream. Place a tablespoon of stuffing on each piece of chicken; roll up and arrange chicken in a shallow baking dish. Drizzle with margarine. Bake at 350 degrees for 45 minutes; basting with margarine several times.

Saute mushrooms in margarine; mix cornstarch with salt and milk and add to mushrooms. Cook till slightly thickened. Pour over chicken and bake 15 minutes longer. Makes 18 rolls.

Dorothy R. Marcum
3731 Mill Creek Road
Fort Gay, W.Va.

COUNTRY RIBS

- WITH TEXAS BARBECUE SAUCE
- 2-3 pounds country-style pork ribs
- 1 envelope instant onion soup
- 1 cup ketchup
- 3 tablespoons soy sauce
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon instant coffee
- beer for thinning mixture

Mix ingredients in bowl and add ribs. Cover ribs thoroughly and marinate for 2 hours. Barbecue on charcoal grill or broil in oven for 10-15 minutes until meat is done. Baste with leftover sauce when ribs are turned.

Bob Maslowski
P.O. Box 213
Milton

MOM'S HAM AND DUMPLINGS DINNER

- 2 large semi-bone cooked ham slices, 1/2-inch thick, cut into cubes
- 6 large white potatoes, cut into cubes
- 8 medium carrots, cut into cubes
- 1 medium onion, chopped
- salt and pepper

In a large pan, put ham slice cubes and chopped onion. Cover with water about three-fourths full. Put on stove and bring to a boil. Turn heat down and cook till tender about 1 hour. Then add potatoes and carrots and cook until tender (not mushy, just tender). When vegetables are about done, make dumplings.

1 cup sifted all-purpose flour

- 2 teaspoons baking powder
- 1/2 cup milk
- 2 tablespoons salad oil

Sift dry ingredients together in a bowl. Combine milk and oil. Add all at once to dry ingredients. Stir just till moistened.

When vegetables are near tender, uncover pan. Drop dumplings into hot pan of ham and vegetables. Drop by tablespoon atop bubbling mixture. Cover tightly, let mixture return to boiling; reduce heat. Simmer 12-15 minutes. While pot is simmering, make onion sauce.

- 1 large very fine chopped onion
- 1-1/2 sticks margarine

In a skillet, melt margarine and put onion in the skillet and saute until onions are tender. Season with salt and pepper.

When dumplings are cooked, mixture will be a thick sauce. When served, spread onion sauce over ham, vegetables and dumplings. Season to taste.

Suzanne Morrison
Route 1
Barboursville

BARBECUED SPARERIBS

- 4 pounds country-style spareribs
- 1 (10-ounce) can condensed tomato soup
- 1/2 cup cider vinegar
- 1/2 cup brown sugar
- 1 tablespoon soy sauce
- 1 teaspoon celery seed
- 1 teaspoon salt
- 1 teaspoon chili powder
- dash cayenne pepper

In a slow cooker, layer spareribs. In a mixing bowl, combine tomato soup, vinegar, brown sugar, soy sauce, celery seed, salt, chili powder and cayenne pepper. Pour over spareribs. Cover pot. Heat on medium heat for 6-8 hours. Skim fat from juices before serving. Serves 4-6.

Lisa Rivers Irish
812 N. 6th St.
Ironton

SAUSAGE STUFFED PASTA SHELLS

- 12-ounce package jumbo pasta shells
- 3/4 package (1 pound size) mozzarella cheese
- 1 pound ground beef
- 1/2 pound sweet Italian sausages, casing removed
- 3/4 cup fresh white bread crumbs
- 3 tablespoons chopped parsley
- salt
- pepper
- 1/2 cup milk
- 1 large egg
- 2 pound jar spaghetti sauce

Cook shells as package directs; drain in colander. Meanwhile, cut half of cheese into 8 lengthwise slices. Cut remaining cheese into 1/2-inch cubes; set aside. In large skillet over medium-high heat, cook ground beef and sausage, stirring frequently till browned 5-7 minutes. Remove from heat and drain.

Stir in bread crumbs and parsley;

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Entrees

From Page C11

add salt and pepper to taste. In small bowl, beat milk and egg; add to beef. Stir in cheese cubes. Preheat oven to 350 degrees. Fill each shell with heaping tablespoon meat filling. Spoon half of sauce into 14- by 10-inch roasting pan. Place shells meat side up in single layer on sauce. Spoon remaining sauce over shells; top with cheese slices. Cover with foil; bake 30 minutes till cheese is melted. Let stand 15 minutes before serving. Serves 9.

Beverly Ferguson
Route 2
Patriot, Ohio

CHICKEN BREASTS OVER RICE

- 1 (6-ounce) package long grain and wild rice
- 8 chicken breasts
- 3 tablespoons butter or margarine
- 1/4 cup chopped onions
- 1/2 cup slivered almonds
- 1 (4-ounce) can mushrooms, pieces and stems
- 1/2 (10-ounce) can cream of mushroom soup
- 1/2 cup of chicken broth
- 1 (8-ounce) cup sour cream

Preheat oven to 375 degrees. Prepare rice according to directions. While rice is cooking, brown chicken in margarine in large skillet. Remove chicken pieces and saute in saucepan until they are translucent. Add almonds and saute briefly. Add drained mushrooms and cooked rice. Mix well. Transfer rice mixture to a buttered casserole. Put breasts on top of rice. Mix soup, broth and sour cream; Pour over chicken and rice. Bake covered for 45 minutes and then uncovered for 15 minutes. If rice looks dry; add a little more chicken broth. Serves 8.

Bessie Moore
Box 161
Lovely, Kv.

LINGUINE WITH WHITE CLAM SAUCE

- 1/4 cup butter
- 1/2 cup olive oil
- 2 cloves garlic, pressed
- 4 (6 1/2-ounce) cans minced clams with juice
- 1/4 teaspoon black pepper
- 1 teaspoon oregano
- 2 tablespoons freshly chopped parsley
- 1 (1-pound) box linguine, freshly cooked and drained
- Romano or Parmesan cheese

In large saucepan, melt butter. Add olive oil and garlic, cooking until garlic turns golden. Stir in clams and juice, pepper, oregano and parsley. Over medium heat, cook for 5 minutes until thoroughly heated. Pour sauce over linguine and top with desired amount of Romano or Parmesan cheese. Serves 4.

Mary P. Ingaglio
15 Garden Lane, Apt. 2

CHICKEN WITH CREAM WINE AND MUSHROOMS

- 2 chickens, 2 1/2-3 pounds each, cut



- into serving pieces
- 2 carrots, sliced
- 2 onions, chopped
- 2 cups chicken broth
- 1/4 cup chopped parsley
- 1/2 teaspoon thyme
- 1 bay leaf
- 2 whole cloves
- 4 peppercorns
- 1/4 cup butter
- cream sauce (recipe follows)

Bring 2 quarts water to a boil in a Dutch oven, or large saucepan. Add chicken pieces, carrots, onion, chicken broth, parsley, thyme, bay leaf, cloves and peppercorns. Reduce heat to low and simmer until chicken is tender, about 1 hour. When chicken is done, remove it from broth and set aside to drain. Strain broth and reserve. Discard vegetables and herbs. Dry chicken pieces with paper towel. Melt butter in large skillet over medium heat. Saute chicken pieces on all sides. Place chicken pieces on platter in warm 200-degree oven. Prepare sauce.

- 1/2 cup PLUS 1 tablespoon butter
- 1/4 cup all-purpose flour
- 2 cups reserved chicken broth
- 1 cup dry white wine
- 2 egg yolks
- 1/4 cup cream
- 1/4 cup butter
- 1 pound fresh mushrooms, sliced
- juice of 2 lemons

Melt 1/2 cup plus 1 tablespoon butter in saucepan over medium heat. Stir in flour. Cook, stirring constantly, for 3 minutes. Gradually add chicken broth and wine. Bring mixture to a boil, while stirring. Skim and discard fat. Simmer sauce, uncovered, over low heat, until its volume is reduced by half. Lightly beat together egg yolks and cream. Stir into sauce and continue cooking and stirring until sauce becomes slightly thickened. Remove from heat and set aside. Melt remaining 1/4 cup butter in a large skillet. Add mushrooms and saute until tender, about 5 minutes. Remove chicken pieces from oven. Spoon sauce over chicken. Surround chicken with sauteed mushrooms. Pour lemon juice over all. Serves 6-8.

Bill Jarboe
6303 Division Road

MEXICAN GRABBITS

- 1 pound ground beef
- 2 eggs
- 1 (8-ounce) can tomato sauce
- 1 cup bread cubes
- 1 tablespoon chili powder

- 1 teaspoon cumin
- 1/4 teaspoon oregano
- 1/4 teaspoon cilantro
- 1/4 teaspoon hot pepper pieces
- 1 teaspoon salt
- dash pepper
- 8-12 taco shells

Combine all ingredients except taco shells. Mix into smooth mixture. Press meat mixture lightly into a taco shell. Place upright on broiler rack in broiling pan. Bake for 35-40 minutes at 350 degrees. Drain on paper towels. Serve warm with traditional taco condiments (chopped tomatoes, shredded lettuce, cheese, sour cream or guacamole).

Susan Maslowski
P.O. Box 213
Milton

Dry soup recipes

Dry soup mixes are used for making a lot more than soups.

Probably the first non-soup use for a mix was of Lipton's onion soup to make a dip when mixed with sour cream or yogurt.

That happened more than a decade ago, and ever since, versatile mixes have been increasingly used for non-soup purposes, in dips and sauce, and in meatloaf.

Campbell's has issued a cookbook with recipes using its soup mixes.

Knorr has developed special recipes for jazzing up basic soup mixes or using them as sauces for other dishes.

But the basic dry mix flavors still are vegetable, onion, potato, leek, tomato, green pea and chicken.

Lipton now is coming out with a couple new flavors — nacho cheese (with taco seasonings and green and red peppers), and creamy herb (with five herbs and a hint of lemon.) They contain no preservatives or artificial ingredients.

Although these are for soups, their use as dip and sauce ingredients is emphasized by the packaging with pictures of dips and sauce, and not a soup cup in sight.

Vegetables and casseroles



Mrs. R.P. Steiner

First place

ELEGANT LIMAS

- 2-3 packages frozen limas
- 1/2 pound mushrooms
- 1 onion, cut into rings
- 2 cans mushroom soup
- 1/2 cup Parmesan cheese
- 1/2 pint whipping cream

Cook limas until tender. Saute onions and mushrooms in butter.

Combine onions, mushrooms, limas and soup in a 9- by 13-inch baking dish. Sprinkle cheese on top. Do not stir. Pour cream over top. Do not stir. Bake at 325 degrees for 30 minutes.

Mrs. R.P. Steiner
7 Lillian Court
Barboursville

Second place

CAULIFLOWER POLONAISE

- 2 hard-cooked eggs
- 1 teaspoon dried parsley flakes
- 2 tablespoons sour cream
- 1/4 teaspoon white or black pepper
- 1 head cauliflower
- 1 teaspoon salt
- 1/4 cup butter
- 3 tablespoons bread crumbs

Mash egg yolks in a small bowl, add parsley flakes, sour cream and pepper to egg yolks. Blend. Reserve for later.

Wash cauliflower head; remove outside leaves, select a saucepan large enough to accommodate the head of cauliflower. Cover bottom of pan with 1-3 inches of water. Add salt to water; bring to boil. Add cauliflower and cook for 25 minutes or until fork tender. Drain immediately.

Melt butter, stir in bread crumbs. Pour buttered bread crumbs over cauliflower; garnish with reserved egg-yolk mixture. Serve. Serves 8.

Martin Hudson
3304 Thomas Ave.
Huntington

Honorable mention

ZUCCHINI SUPREME

- 4 medium zucchini, grated
- 2 cloves garlic, minced
- 1 medium white onion, grated
- 2 tablespoons butter
- 2 tablespoons safflower oil
- 1 egg
- 3/4 cup light cream
- 4 ounces mozzarella cheese, grated
- 4 ounces Monterey Jack cheese, grated
- salt and pepper to taste

Salt and place in a towel, wring out excess water. Saute zucchini, garlic and onion in butter and oil 15 minutes or until translucent. Whisk egg and cream together briskly. Combine grated cheeses.

Grease casserole. Drain excess liquid off zucchini after saute. Fold in egg and cream, place in casserole, cover with layer of cheeses, bake. Serves 4.

Wilma Gene McKenzie
812 Windsor Court
Ashland, Ky.

BACON, EGGS AND CHIPS-A-PLenty

- 1/4 cup chopped onion
- 2 tablespoons oleo
- 2 tablespoons flour
- 1 1/2 cups milk
- 1 cup shredded American cheese
- 6 hard cooked eggs, sliced
- 1 1/2 cups crushed potato chips

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Vegetables and casseroles

From Page C13

10 slices crisp bacon, crumbled

Saute onion in oleo till tender. Blend in flour. Add milk gradually. Cook, stirring constantly till thickened. Add cheese and stir until melted in 10- by 6-inch baking dish. Place layers of egg slices. Cover with half of cheese sauce, half of bacon pieces and half of potato chips. Repeat layers as given. Potato chips on top. Bake at 350 degrees for 15-20 minutes. Serve hot.

Colleen Dunfee
P.O. Box 954
Proctorville, Ohio

CHICKEN AND SPAGHETTI CASSEROLE

- 1 (8-ounce) package spaghetti, cut in 2-inch squares
- 4 cups cooked chicken, diced
- 1 cup diced onion
- 1/4 cup diced pimiento
- 1/4 cup diced green pepper
- 2 cups chicken broth
- 3 cups grated cheddar cheese
- dash salt and pepper

Cook spaghetti, drain, then put in a 13- by 9- by 2-inch casserole dish. Add chicken, onion, pimientos, green peppers, broth and 2 cups cheese. Mix together. Save one cup of cheese for top of casserole. Then sprinkle with salt and pepper. Bake at 350 degrees for 40 minutes. This can be made the day before and refrigerated. Serves 15.

Maryellen Osborne
Route 2
Chesapeake, Ohio

STUFFED MUSHROOMS

- 1 pound fresh mushrooms
- 1 pound sausage
- 1 small chopped onion
- 2 tablespoons butter
- 1 slice grated bread
- 2 tablespoons ketchup
- 1/2 teaspoon oregano
- 1/4 teaspoon garlic powder
- 2 tablespoons parsley
- 1 cup mozzarella cheese, grated

Clean mushroom and remove stems. In a saucepan, brown sausage, onion, butter, bread, and diced mushroom stems. Add ketchup, oregano, garlic and parsley. Simmer for 20 minutes. Lay reserved mushroom tops in a microwave dish, with the "cups" up. Top this with the cooked sausage mixture. Sprinkle grated mozzarella cheese on top. Microwave on high for 3 minutes, then on medium for 3 minutes.

Barbara Peck
710 S. 6th St.
Ironton

VEGETABLE FRIED RICE

- 4 green onions, chopped
- 1 cup diced carrots or sliced thin
- 1 cup frozen peas
- 6 cups cooked rice
- soy sauce

Rice should not be cooked ahead of time to be cool, this helps to keep rice fluffy and not stick. Heat wok or



large deep skillet till very hot. Add 3 tablespoons vegetable oil. Heat. Add green onions. Stir together 1 minute. Add rice, stir. Add carrots and peas, stir. Shake soy sauce over rice and continue to stir. Use amount of soy sauce that suits your taste. Continue stirring till carrots and peas are done or for 3-4 minutes on high heat. This dish is good served with any meat dish.

Rebecca J. Napier
P.O. Box 52
Nauvau, W.Va.

MIXED VEGETABLE CASSEROLE

- 2 (10-ounce) packages frozen mixed vegetables
- 1 (16-ounce) can cut green beans, drained
- 1 cup (4 ounce) shredded Cheddar cheese
- 3/4 cup mayonnaise
- 1 tablespoon chopped onion
- 1/2 cup buttery round cracker crumbs
- 1 tablespoon butter or margarine, melted

Cook mixed vegetables according to package directions; drain. Add next 4 ingredients; mix well. Spoon into a lightly greased 2-quart baking (shallow) dish. Sprinkle crumbs over top; drizzle with butter. Bake at 350 degrees for 30 minutes. Serves six.

Mary Lou Thomas
1742 N. 2nd St.
Ironton

MEXICAN CHICKEN

- 1 (3-pound) chicken, cooked and boned, in strips or chunks
- 2 cans cream of chicken soup
- 1 can cream of celery soup
- 1 small can chopped green chilies (optional)
- 1 medium onion
- 1 medium package tortilla chips
- 1/2 package taco seasoning powder
- 1 cup grated Cheddar cheese

Brown diced onion in oil over low heat. Add soups and chilies and chicken. Stir in taco seasoning powder. Crush tortilla chips and add to mixture. Pour into 9- by 13-inch pan or dish. Sprinkle with cheese. Bake at 350 degrees for 15 minutes or until cheese melts. Serves 6-8.

Lisa Rivers Irish
812 N. 6th St.
Ironton

CORN CASSEROLE

- 1 (16 ounce) can whole kernel corn
- 1/2 green pepper, diced
- 1/2 red pepper, diced

- 1 small onion, diced
- 1 (15 ounce) can tomatoes
- pat of butter
- salt and pepper to taste

Put all ingredients in a casserole. Top with butter. Bake in 375 degrees oven 35-40 minutes.

Margie Slone
3717 Ky. 5
Ashland

BROCCOLI CASSEROLE

- 2 packages Stove Top stuffing
- 2 packages frozen chopped broccoli (about 10 ounces)
- 1 can cheddar cheese soup
- 1 can cream celery soup
- 2 sticks margarine
- 6-8 slices American cheese

Prepare stuffing according to instructions on package. Cook broccoli until tender; drain. Mix all items together. Put into long square casserole dish and top with American cheese, enough of cheese slices to cover top of casserole. Bake in 350-degree oven for 30 minutes.

Suzanne Morrison
Route 1
Barboursville

MACARONI CASSEROLE

- 2 pounds hamburger
- 8 ounces macaroni
- 2 small onions
- 2 small cans tomato sauce
- 8 slices cheese

Cook diced onions in small amount of oil for a few minutes. Add hamburger and cook until browned. Add tomato sauce then fill cans with water and add this also. Cook until it thickens. Pour over cooked macaroni and mix well. (Cook macaroni as directed on package.)

Put layer of mixture in deep pan lined with aluminum foil or spray pan with a non-stick coating. Place 4 slices of cheese on top of mixture. Add rest of mixture then layer off with other four slices of cheese. Bake at 350 degrees for 35 minutes. (Noodles can be used instead of macaroni.)

Kathy Minard
2429 S. 11th St.
Ironton

QUICK NOODLES DISH

- 1 (10-ounce) bag egg noodles
- 1 (14 1/2-ounce) can clear chicken broth
- 1/2 can water (use broth can)
- 1 (10 3/4-ounce) can Campbell's cream of chicken soup
- 1 (16-ounce) can mixed vegetables
- 1 tablespoon butter, heaping
- salt and pepper to taste

Cook noodles in chicken broth and water on stove top until almost done. Add cream of chicken soup, mix well. Add vegetables, butter, salt and pepper to taste. Let simmer a few more minutes. Pour in covered dish, let set 5 minutes. Heating or cooking settings — high until broth boils, medium-high or medium — then

Continued Page C15

Vegetables and casseroles

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simmer on low heat. Serves 4-6.

Patricia D. Bourne
554 Bridge St. 7
Huntington

COMPANY BROCCOLI

1 package frozen chopped broccoli
½ cup mushroom soup, undiluted
½ cup grated sharp cheddar cheese
½ cup mayonnaise (not salad dressing)
1 tablespoon grated onion
dash pepper
1 egg, well beaten
1 cup cheese cracker crumbs (like cheese nips)

Cook and drain broccoli. Combine all other ingredients except crumbs. Place in well-buttered casserole. Sprinkle the cheese cracker crumbs on top. Bake at 400 degrees 20-30 minutes.

Sonya H. Davis
312½ 6th Ave. Apt. 2
Huntington

OYSTER CARROTS

4 carrots, cut up
salt to taste
1 egg, beaten
2 tablespoons milk
cracker crumbs

Cook carrots in salted water until tender; drain. Dip in combined salt, egg and milk; roll in cracker crumbs. Fry in deep fat until golden brown; drain.

Margie Slone
3717 Ky. 5
Ashland



CORNEED BEEF/CABBAGE CASSEROLE

2 tablespoons oil
2 cups sliced cabbage
1 cup sliced carrots
1 onion, chopped
½ cup water
2½ teaspoons prepared mustard

Cook in skillet oil, cabbage, carrots and onion. Add water and mustard. Stir in ½ cup shredded cheddar cheese and 1 (12-ounce) can corned beef.

Put one package crescent rolls in bottom of 9- by 13-inch baking dish. Pour cabbage mixture over top. Cover this with another package of crescent rolls.

Bake at 350 degrees for 18 minutes or until crust is browned.

Mrs. Duane Hopkins
1656 Buffalo Creek Road

ASPARAGUS VINAIGRETTE

1 pound fresh asparagus

Dressing:

½ cup olive oil
2 tablespoons white wine vinegar
2 teaspoons fresh lemon juice

1 teaspoon finely minced garlic
¼ teaspoon salt
½ teaspoon white pepper
¼ teaspoon dry mustard
1 teaspoon finely minced fresh parsley

Wash asparagus and cut into three-inch lengths. Bring a pot of water to a rolling boil and add asparagus. When water comes to a boil again, cook asparagus for 3 minutes. Remove asparagus with a slotted spoon and place immediately into ice water. When asparagus is thoroughly chilled, drain, place in a bowl and cover with dressing. Refrigerate for two hours before serving.

To prepare dressing, combine ingredients in a small bowl and mix vigorously with a whisk for 30 seconds.

Bob Maslowski
P.O. Box 213
Milton

PEA CASSEROLE

½ cup chopped green peppers
1 small onion, grated
2 cups finely chopped celery
3 tablespoons butter
2 (17-ounce) cans tiny English peas, drained
2 tablespoons diced pimiento
1 (8-ounce) water chestnuts, drained, thinly sliced
1 (10½-ounce) can cream of mushroom soup, undiluted
2 tablespoons milk
¾ cup soft bread crumbs

Saute green peppers, onion and

Continued Page C16

Oranges have taste appeal

By RITA STRAUB
and JUNE FREDERICKSEN
Gannett News Service

Oranges have a long history, having first been cultivated in China about 2400 B.C., then carried west by Arab traders.

European royalty prized orange trees for fragrance and beauty. But growing them in the colder European climate meant the trees had to be protected, so orangeries (orange houses) were built, and became status symbols.

A famous orangerie was built for King Louis XIV of France in the late 1600s, and was considered more splendid even than the Versailles Palace. It held 1,200 orange trees in silver tubs, but King Louis never tasted a single orange from those trees. People then did not know oranges were good to eat.

Neither the Chinese nor King Louis XIV knew about the nutrients, vitamins and minerals that an orange possesses. An average navel orange provides one and one-half times the recommended daily allowance of vitamin A, phosphorus, calcium, riboflavin and niacin, plus vitamin C, of course.

Navels and Valencias are the most popular varieties grown in the United States today, with more than 200 varieties cultivated.

You can recognize a navel oranges by the "navel" marking or indentation found opposite the stem end. The navel orange is seedless, easy to peel and section and best eaten fresh. Valencias are thinner skinned, with few seeds, and are grown primarily for juice.

When selecting and purchasing fruit, choose those with firm, smooth skin, free of soft spots, and heavy in weight. Occasionally oranges will re-green; that is, a green cast or spots of green show up on the skin. That does not affect the flavor or nutritional value.

Oranges will not mature after picking. They can be stored for up to two months in your refrigerator so you may wish to stock up when the price is right.

Oranges add nutrition, color and variety to many foods, especially in winter. The colored portion of the orange peel contains tiny oil sacs which are full of subtle and distinctive flavor. You get a fresh fruit taste when the peel is grated and used instead of synthetic flavoring in baking and cooking.

Vegetables and casseroles

From Page C15

celery in butter until tender. Remove from heat. Add next 5 ingredients; mix well. Spoon into a greased baking dish, sprinkle with bread crumbs. Bake uncovered at 350 degrees for 30 minutes.

Necia Thompson Freeman
1659 Union Ave.
Barboursville

"SOUPER" BROCCOLI BAKE

4 cups fresh broccoli, cut in 1½-inch pieces
½ cup chopped onion
1 can condensed cheddar cheese soup
1 egg
¼ cup mayonnaise

Arrange broccoli in a 2½-quart baking dish. In a small bowl, combine onion, soup, egg and mayonnaise; blend well. Pour over broccoli and bake in a preheated 350-degree oven for 30 minutes. Serves 4-6.

Mary P. Ingaglio
15 Garden Lane, Apt. 2

STEWED TOMATOES AND DUMPLINGS

1 stalk celery
1 small onion
2 tablespoons or ½ small green pepper
1 quart freshly stewed, canned or frozen whole tomatoes
1 tablespoon sugar
2 tablespoons butter or margarine
1 teaspoon oregano

Thinly slice or dice celery, onion and green pepper. Cook tomatoes in a 2-quart saucepan with sugar, butter and sliced vegetables until tender and juices are boiling gently.

Stir biscuit mix and rubbed oregano with just enough water to make dumplings hold together. Drop by teaspoonsful into boiling tomatoes and cover. Cook for about 6 minutes. Dip tomato mix onto the dumplings and recover. Cook 6 minutes more. Serve hot!

Variation: To make the dumpling dough a little thin and let it run over the top of tomatoes, after cooking for 6 minutes, dip tomato mix onto this as above and then continue cooking as above.

Clara Swann
1742 Woodmont Road

EASY GREEN BEAN CASSEROLE

1 (16-ounce) can Blue Lake green beans, drained
1 can cream of mushroom soup
1 can fried onion rings

Mix green beans with mushroom soup. Place in a quart casserole. Top with onion rings. Bake at 350 degrees for 30 minutes.

Mrs. John D. Dailey
75 Oakwood Road

BURGER BEAN CASSEROLE

1 tablespoon salad oil
1 pound lean ground beef
½ teaspoon salt
1 (16-ounce) can pork and beans
¾ cup barbecue sauce



2 tablespoons brown sugar
1 (9.5-ounce) can refrigerated biscuits

1 cup shredded cheddar cheese
Preheat oven to 375 degrees. In a large skillet, heat oil. Add meat and cook until browned. Drain off excess fat. Add salt, pork and beans, barbecue sauce and brown sugar. Heat until bubbly, stirring occasionally.

Spoon mixture in a 2-quart casserole, cut biscuits in half and place outside down around edge of casserole. Sprinkle with cheese. Bake 25-30 minutes or until biscuits are golden brown.

Ella Mae Fredrickson
Route 3
Proctorville, Ohio

GREEN PEPPER CASSEROLE

2 tablespoons butter
1 cup uncooked long grain rice
3 chicken bouillon cubes
2 cups boiling water
3 green peppers, seeded and sliced
1½ pounds lean ground beef
1 medium onion, chopped
2 stalks celery, thinly sliced
1 clove garlic, minced
1 teaspoon oregano
1 teaspoon salt
¼ teaspoon pepper
2 (8-ounce) cans tomato sauce
1½ cups shredded cheddar cheese

Heat butter in frying pan, add rice and stir until lightly toasted; spoon into greased 9- by 13-inch baking pan. Dissolve bouillon cubes in boiling water and pour over rice. Add sliced peppers and cover tightly with foil and put into 375-degree oven 20 minutes. Using same pan, saute meat till no longer pink. Add onion, celery, garlic, oregano, salt and pepper; continue cooking 5 minutes. Stir in tomato sauce. Remove casserole from oven and spoon mixture over peppers. Cover and bake 15 minutes. Remove cover, sprinkle with cheese, and bake, uncovered, 5 minutes more. Serves 6.

Beverly Ferguson
Route 2
Patriot, Ohio

CHICKEN/BROCCOLI CASSEROLE

1 (10-ounce) package frozen chopped broccoli
1 cup minute rice
1 cup diced cooked chicken
1 (10¾-ounce) can condensed cream of mushroom soup
1 cup milk
1 cup grated cheddar cheese
1 medium onion, chopped
Place vegetable in 1½-quart bak-

ing dish. Bake at 350 degrees for 7 minutes to partially thaw. Stir in rice, chicken soup, milk, half cheese and onion, then sprinkle with remaining cheese. Bake for 45 minutes, or until hot and bubbly. Makes 5 cups.

Pamela Wilks
Route 1
Webbville, Ky.

CHICKEN BREASTS AND RICE

¾ cup uncooked rice
1 can cream of chicken soup
1 can cream of celery soup
1 can cream of mushroom soup
1 cup white wine or sherry
1 small can whole mushrooms
1 small jar pimiento strips, drained
½ green pepper, chopped
½ onion, chopped
1 can water chestnuts, drained and sliced (optional)
8-12 chicken breast halves
grated Parmesan cheese

Preheat oven to 350 degrees. Sprinkle rice evenly into a 9- by 13-inch baking dish or pan. Mix remaining ingredients except chicken and Parmesan cheese.

Pour one-third of mixture over rice.

Arrange chicken breasts over soup mixture; cover with remaining soup mixture. Cover with Parmesan cheese and bake in oven for 2 hours.

Ms. Beverly A. Shaver
1720 9th Ave.
Huntington

EGGPLANT CASSEROLE

1 large eggplant, peeled and cubed
1 small onion, peeled and cubed
½ cup butter
½ teaspoon salt
¾ cup sharp grated cheese
1 cup cracker crumbs
1 teaspoon worcestershire sauce
¼ teaspoon sage (or poultry seasonings)
2 eggs, slightly beaten
1 can mushroom soup

Cook eggplant and onion with salt in a small amount of water until tender. Drain well.

Mix beaten eggs, grated cheese, soup and worcestershire sauce to eggplant mixture.

Line buttered casserole with cracker crumbs, pour in half of mixture, then a layer of cracker crumbs, finishing with the eggplant mixture, remainder of cracker crumbs. Dot with butter.

Bake 1 hour at 350 degrees, uncovered.

Kathryn G. Witten
103 Brady Drive
Barboursville

SWEET AND SOUR CABBAGE

2 slices bacon
Chinese hot oil
¾ pound red cabbage, shredded
1 cup thinly sliced onion
1 cup shredded carrots
¼ cup cider vinegar
2 tablespoons firmly packed dark brown sugar

Continued Page C17

Vegetables and casseroles

From Page C16

- 1 tablespoon catsup
- 1 tablespoon sweet sherry
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- dash red pepper flakes

In four-quart saucepot, cook bacon over medium heat 7-10 minutes or until crisp and browned, drain on paper towels. Drain off all but 2 tablespoons fat from saucepot. Add a few drops of Chinese hot oil. Add cabbage, onion and carrots. Cook over medium-high heat, stirring occasionally, 5 minutes or until crisp-tender. In small bowl, stir together vinegar and remaining ingredients. Add to saucepot and cook one minute or until heated through. Crumble bacon and stir into cabbage mixture. Makes about 5 cups.

Susan Maslowski
P.O. Box 213
Milton

CHEESE SOUFFLE

- 5 slices buttered bread, cut in cubes and crust removed
- 3/4 pound grated sharp cheddar cheese
- 4 eggs
- 2 cups milk
- 1 teaspoon dry mustard
- 1/2 teaspoon salt
- dash red pepper

Alternate bread cubes and cheese in buttered casserole. Beat eggs until light, then add milk to eggs along with mustard, salt and pepper. Mix and pour over bread mixture. Let stand in refrigerator overnight. Bake 1 hour at 350 degrees, uncovered.

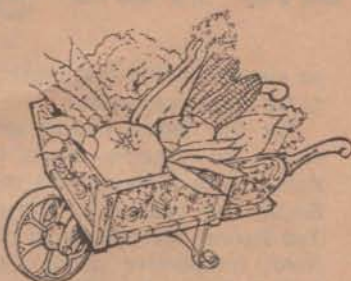
Susan Ferguson
P.O. Box 2482
Huntington

CHEESY-BEEFY CASSEROLE

- 1 pound ground beef
- 1/2 cup chopped onion (optional)
- 1/2 teaspoon salt
- 1/2 cup milk
- 1 (10-ounce) can condensed cheddar cheese soup
- 2 cups drained peas, fresh or frozen
- Topping:
- 1 cup cheddar cheese, shredded
- 1/4 cup chopped pimiento (optional)
- 1 can (8) Pillsbury crescent dinner rolls

In large frypan, brown beef, onion, salt and pepper. Drain, stir in milk, soup and peas. Simmer while preparing topping. Pour hot meat mixture into ungreased 2-quart casserole dish or 8- or 9-inch baking pan. Arrange rolls, cut side down evenly over meat mixture. Bake at 375 degrees for 25-30 minutes until golden brown.

Topping: In small bowl, blend cheese and pimiento; set aside. Separate crescent dough into 4 rectangles. Firmly press perforations to seal. Spread each with 2 generous tablespoons of cheese mixture. Starting at longer side, roll up each rectangle. Cut each roll into 4 pieces, forming 16 rolls (cheese-filled



pinwheels).

Sandra Sowards
Route 1
Milton

BROCCOLI CASSEROLE

- 2 packages frozen chopped broccoli
- 1 small package velveeta cheese
- 1 can cream of mushroom soup
- 1/2 stick butter
- crushed up Ritz crackers

Cook frozen broccoli according to directions until done. Drain well. Add butter, cheese (cut up), and soup (do not mix with water). Mix together in a casserole dish with crushed Ritz crackers on top. Bake uncovered at 350 degrees for 20 minutes or until cheese is melted good.

Linda Ratcliff
1620 1/2 Chestnut St.
Kenova

CHICKEN CASSEROLE

- 3-4 chicken breasts
- 2 cups macaroni
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 small onion, diced
- 1 1/2 cup chicken broth
- 1/4 pound velveeta cheese, grated
- bread or cracker crumbs

Cook chicken and pick from bone. Mix rest of ingredients with chicken (do not cook macaroni), and place in refrigerator overnight. When ready to bake top with bread or cracker crumbs and bake at 350 degrees for 1 hour. Serves 8-10.

Becky Jackson
Route 1
Crown City, Ohio

DOUBLE-QUICK BAKED BEANS

- 1 tablespoon butter or margarine
- Heat in a skillet. Add and cook over medium heat until soft, stirring occasionally:
- 1/4 cup chopped onion

- Blend in:
- 1/4 cup catsup
- 2 tablespoons molasses
- 2 drops tabasco
- 2 tablespoons brown sugar
- 1/2 teaspoon salt
- 1/2 teaspoon dry mustard
- 1/4 teaspoon monosodium glutamate
- Bring to boiling. Stir in:
- 2 cups (16-ounce can) baked beans

Turn mixture into four individual casseroles. Cut crosswise into pieces, 4 slices bacon. Put several pieces on top of bean mixture in each casserole. Bake at 375 degrees about 20

minutes or until bacon is cooked.

Steve Hamlin
Route 1
Chesapeake, Ohio

MEATBALLS IN SWEET AND SOUR CRANBERRY SAUCE

- 1 1/2 pounds ground beef
- 1 package dehydrated onion soup
- 2 eggs
- 1/2 cup herb seasoned stuffing mix, soaked in
- 3 tablespoons water
- 2 tablespoons dried parsley flakes
- salt and pepper (optional)

Combine all the ingredients and shape into 1/2-inch balls. Brown the meatballs in a skillet, shaking the pan frequently so that the meatballs will brown on all sides. If the meat is very lean, do this in a little butter. Place meatballs in hot Sweet and Sour Cranberry Sauce. Upon serving them, serve on a bed of rice.

- 1 cup cranberry sauce, whole berry
- 1/2 cup catsup
- 3 tablespoons grated onion
- 1 1/2 teaspoons vinegar
- 2 tablespoons brown sugar

Combine all the ingredients and simmer over low heat for 15-20 minutes. Add the meatballs and simmer for yet another 15-20 minutes.

James F. Kowaleski
430 2nd St.
Huntington

NEW MACARONI CASSEROLE

- 1 (10 3/4-ounce) can cream of chicken soup
- 1 (16-ounce) can vegetables
- 1-pound box macaroni
- 1/4 pound velveeta cheese
- 1/4 pound ham, cubed
- 1/2 can water (use soup can)
- 1/4 can evaporated cream
- 2 tablespoons butter
- 1 (4.5-ounce) can biscuits

Cook macaroni in water; drain excess water. Add cheese, cream, soup, water; mix together. Add vegetables, ham and butter. Let simmer 5 minutes in large kettle. Put in casserole dish, top with biscuits. Bake 20 minutes or until biscuits brown. Butter top of biscuits. Or if leave off biscuits, bake in microwave on high 2 1/2 minutes.

Patricia D. Bourne
554 Bridge St., 7
Huntington

Wine coolers

Wine coolers were the hottest item on the drink market last summer, and show no sign of slowing down.

Women make up 65 percent of the consumers of wine coolers, according to Anheuser-Busch's Wine Division marketing manager, Laura M. Bestor.

Busch is coming out with a new, reduced calorie wine cooler.

Nobody eats true grits plain

By JANE STERN
and MICHAEL STERN
Universal Press

NASHVILLE, Tenn. — Few foods stir up such ire and passion as grits.

Along with biscuits, they are emblematic of Dixie cooking, breakfast in particular; to love them is to love the South.

Many northerners (and even a few eccentric southerners) can't abide them. James Beard, who liked to eat just about everything, once wrote he found grits "a rather revolting food, probably fine for those who were brought up on porridge."

By themselves, grits are a simple staple: coarsely ground hominy, boiled long enough to soften and swell.

But nobody eats grits plain. At least you want butter and salt. Or a mantle of pepper cream gravy. Or a splash of red-eye gravy (made from ham drippings and black coffee). Or cheese grits. Or garlic grits. Or Creole-style grits 'n' grillades (strips of sharply seasoned beef). We know Yankees who mix sugar into their grits, like oatmeal. And we have been to hoity-toity restaurants that spike fancy-dress grits with sherry, turning them from white to pink!

Southern historians claim grits as America's first food, offered by Indians to the settlers who landed in Jamestown, Va., in 1607.

Actually, the settlers were given whole softened kernels of maize, which the Indians called "rockahominie." The name was shortened to hominy, and soon the colonists devised a way of grinding the corn, thereby producing grits, a mainstay of Southern gastronomy ever since.

Although grits are most closely associated with breakfast, they are a grain with major meal potential. Cooked grits can be cooled, cut in squares, breaded and sauteed in butter as a stout companion to roasts or game birds. Or they can be doctored up and baked, puffing high, wide and handsome in the oven, transformed from a lowly cereal into

an elegant souffle that makes a grand brunch casserole.

For our baked cheese grits recipe, we turned to one of the finest lunch places of the mid-South, the venerable Satsuma Tea Room. Specializing in civilized, inexpensive meals since 1918, it is smack in the heart of Nashville, and is a favorite place for politicians, shoppers and visitors who crave real southern-style cooking.

The pleasure of a Satsuma meal begins as you wait for a table in the vestibule, lined with an appetizing display of baked goods for sale: chess pies and lemon cakes, dinner rolls and cinnamon buns.

Once you are seated, you look over the menu (printed every day), and write your own order on a small pad set upon the table. The waitress, in white uniform and red apron, looks over the list and doesn't even blink at four desserts for two hungry people.

The fare is more than desserts, of course. Fluffy cupcake-shaped rolls and corn sticks accompany meals such as turnip greens and hog jowl or country sausage, as well as ladylike entrees such as turkey a la king and shrimp salad in a tomato.

The dessert repertoire includes: moist lemon cake; prune cake that is thickly woven with shredded bits of prunes; sky-high chocolate pie, with its hovering meringue cloud and crunchy nut crust. There are fresh berry shortcakes and cheesecakes, too, but the single great dessert at Satsuma is ice cream: coffee-sherry or eggnog-sherry, pale and served nearly soup-soft, a sweet, comforting taste that summarizes everything good about tea room dining.

We adapted our recipe for cheese grits from "Fun for the Cook," the Satsuma recipe book, available at the cash register.

Arlene Ziegler, its author and one of the original founders of the tea room, suggests cheese grits as a luncheon dish. "A young nephew of mine," she

said, "who said he could not endure grits, ate three servings of this not knowing what it was."

No need to slow-cook grits for two hours: quick grits work just fine in this recipe.

BAKED CHEESE GRITS

2 eggs, beaten
¾ cup grated sharp cheddar cheese
4 tablespoons butter, melted
2 teaspoons dry mustard
½ teaspoon salt
1 clove garlic, finely minced
2½ cups cooked grits, still warm
Preheat oven to 350 degrees. Mix eggs, cheese, butter, mustard, salt and garlic. Stir into grits and pour into well-buttered 4-6 cup casserole. Bake uncovered 50 minutes. Serve immediately, directly from casserole. Serves 4-6.

Smashed radishes

Have you ever eaten a smashed radish?

No, it's not a radish that's had too much to drink. It's a radish that has been pressed down until it is crushed flat to absorb seasoning such as vinegar, soy sauce and Chinese sesame oil, for a low calory appetizer dish called "Smashed Radishes."

The recipe, and others along with hints for today's busy woman, are to be found in the new free 20-page booklet from Weight Watchers.

Called "Busy Woman's Survival Guide," it offers seven complete menus for one serving that include Weight Watchers frozen dishes, as well as other dishes, the recipes of which are in the booklet.

Included with the booklet is a full-size poster featuring a complete fitness workout specially designed for the woman on the go.

To receive a copy, write to Weight Watchers Frozen Foods, "Busy Woman's Survival Guide," P.O. Box 2338, Grand Central station, New York, N.Y. 10163.

Desserts



Karen Dicker

First place

TRUFFLE CAKE

8 ounce semi-sweet bar chocolate
1 cup granulated sugar
1 cup unsalted butter
½ cup brewed coffee
4 eggs
1 cup heavy cream
¼ cup confectioners sugar
¼ teaspoon vanilla

In double boiler, melt chocolate, sugar and butter. Cool. Add coffee and beat in eggs. Butter and line with foil in 8½-inch springform pan. Pour in batter and bake at 350 degrees for 30 minutes or until crust forms. Cool and refrigerate overnight. Remove from pan. When ready to serve, top with whipped cream mixture.

Whip cream with powdered sugar and vanilla until stiff peaks form. Pile this on top of cake. Decorate with strawberries or shaved chocolate. Serves 10.

Karen Dicker
201 10th Ave. W.
Huntington

Second place

RHUBARB SWIRLS

3 cups fresh diced rhubarb
1½ cups sugar
1¼ cups water
½ cup red cinnamon candies (small red dots)
2-3 drops red food coloring
2¼ cups sifted all-purpose flour
4 teaspoons baking powder
½ teaspoon salt
¾ cup milk
½ cup cream

(Double the syrup recipe — sugar, water, cinnamon candies and red food coloring.) Put sugar, water and candies in saucepan, stirring occasionally until candy is melted. Cook over medium heat until mixture

forms a thin syrup, about 10 minutes. Stir in food coloring. Sift together flour, baking powder and salt into a bowl. Add a mixture of milk and cream. Stir with a fork only until mixture is moistened. Turn on a floured board and knead about 10 times with finger tips. Roll dough into a 13- by 11- by ¼-inch in rectangle. Spoon rhubarb evenly over dough beginning with longer side. Roll dough and seal edges cut crosswise into 1¼-inch slices. Pour syrup in a shallow pan and arrange slices, cut side up in syrup. Sprinkle with additional sugar, ¼ to ½ on top of each roll with a small pat of butter. Bake at 400 degrees 25-30 minutes.

Margie Slone
3717 State Route 5
Ashland, Ky.

Honorable mention

CRANBERRY LINZER TORTE

2¼ cups granulated sugar
½ cup orange juice
1 (12-ounce) package fresh or frozen cranberries (3 cups)
1 small to medium apple, pared, cored and chopped
1¼ cups sifted all-purpose flour
½ teaspoon ground cinnamon
¼ teaspoon ground cloves
1 cup finely ground almonds
¾ cup margarine
1 tablespoon grated orange rind
2 egg yolks
1 teaspoon vanilla

Heat 2 cups sugar and orange juice in large saucepan until sugar dissolves. Add cranberries and apple. Bring to boiling. Lower heat; simmer, uncovered, 20 minutes till thickened. Cool completely.

Sift together flour, cinnamon and cloves into large bowl. Add remaining ¼ cup sugar and almonds. Cut in butter with pastry blender until crumbly. Blend in orange rind, egg yolks and vanilla. Knead dough a few times till smooth. Chill 1 hour.

Roll half of dough on floured wax paper. Press evenly over bottom and sides of a 10-inch tart pan with removable bottom. Roll rolling pin over top of pan to remove excess dough. Fill with cranberry filling. Roll out remaining dough in 10-inch circle. Cut in strips and make lattice top.

Bake in preheated 350-degree oven for 40 minutes or until lightly browned. Cool in pan 15 minutes. Remove outer rim of pan. Cool torte completely.

Susan Maslowski
P.O. Box 213
Milton

"YOU'RE LUCKY IF THERE'S ANYTHING LEFT"

1 cup flour
1 stick melted margarine
½ cup chopped pecans

Mix these together and press in a 9- by 13-inch pan. Bake 15 minutes in a 350-degree oven.

Then mix together:

12 ounces cream cheese
1 cup Cool Whip
1 cup confectioners sugar
Spread on top of cooled crust mixture.

Beat 3 packages lemon instant pudding with 4½ cups milk for one minute. Spread on top of cream cheese mixture. Use rest of 9-ounce size Cool Whip on top and sprinkle with pecans.

Maryellen Osborne
Route 2
Chesapeake, Ohio

CRUSTLESS BROWNIE PIE

1 cup sugar
½ cup all-purpose flour
¼ cup cocoa
¼ cup chocolate syrup
½ cup margarine or butter, melted
2 eggs
1 teaspoon vanilla extract
pinch salt
½ cup chopped pecans or walnuts
whipped cream or vanilla ice cream for topping

Combine first 7 ingredients, beat 4 minutes at medium speed with electric mixer. Stir in nuts. Spread batter evenly into 9-inch pie plate sprayed with Baker's Joy to prevent sticking. Bake at 325 degrees for 35-40 minutes or until wooden toothpick is inserted in center and comes out clean. Serve with whipped cream or ice cream. For best results, serve warm.

Rebecca J. Napier
P.O. Box 52
Naugatuck, W.Va.

MEXICAN FRUIT CAKE

2 cups sugar
2 cups flour
2 teaspoons soda
2 eggs
1 cup chopped nuts

Mix all ingredients and add 1 20-ounce can crushed pineapple. Do not drain juice. Mix well. Bake in a prepared 9- by 13-inch pan at 350 degrees for 40-45 minutes. Frost while hot.

FROSTING

2 cups confectioners sugar
1 (8-ounce) package cream cheese
1 teaspoon vanilla
1 stick oleo

Let cream cheese and oleo soften to room temperature. Mix remaining ingredients into this and frost while hot.

Barbara Peck
710 S. 6th St.
Ironton

BLACKBERRY JELLO CAKE

1 box white or yellow cake mix
1 small box blackberry jello
¼ cup Wesson oil
½ cup blackberries
½ cup juice from blackberries
4 eggs

Mix together above ingredients. Pour into 9- by 13-inch greased and floured pan. Bake at 300 degrees for 40 minutes.

After cake cools, top with icing of:
1 box XX confectioners sugar

Continued Page C20

Desserts

From Page C19

- 1 stick margarine, softened
- 1 (8-ounce) package cream cheese, softened
- 1 teaspoon vanilla

Dorcas Moncer
4206 Waverly Road

CHOCOLATE VELVET CHEESE CAKE

- crumb crust (recipe follows)
- 12 ounces semi-sweet chocolate, broken into small pieces
- 2 tablespoons unsalted butter
- 1½ pounds cream cheese; at room temperature
- 1½ cups whipping cream
- 1 teaspoon vanilla
- 1 cup granulated sugar
- 3 large eggs, at room temperature, slightly beaten
- 2 tablespoons unsweetened cocoa powder
- powdered sugar
- fresh strawberries, if desired

Prepare crumb crust. Mix and press in springform pan. Bake 10 minutes at 350 degrees. Place oven rack in center of oven.

Combine chocolate and butter in top of double boiler; place over hot but not simmering water. Cook over low heat just until chocolate is completely melted. Remove top of double boiler from water; stir chocolate mixture until smooth. Reserve at room temperature uncovered.

Cut cream cheese; place in large mixer bowl. Beat at medium speed, scraping down sides of bowl as needed, until completely smooth. Gradually beat in chocolate mixture. Continue beating until mixture is smooth and uniformly colored. Continue beating until mixture is smooth and uniformly colored. Continue beating while gradually adding cream and vanilla; beat until blended.

Continue beating cheese mixture at medium speed while very slowly adding granulated sugar; beat until sugar is absorbed. Add eggs, about ¼ cup sugar at a time, beating well and scraping down sides of bowl after each addition. Sieve cocoa powder over batter; beat at low speed until cocoa is thoroughly incorporated.

Pour batter into cold crumb crust; spread top smooth. Gently rotate pan several quarter-turns to settle batter. Bake 30 minutes. Turn oven down to 325 degrees. Bake 30 minutes longer. Turn oven off.

Transfer pan to wire rack away from drafts. Let cool undisturbed until sides and bottom of pan are completely cooled to room temperature.

Remove sides of pan. Refrigerate cake uncovered overnight or at least 8 hours. Cover cake loosely with plastic wrap; refrigerate until serving time. Just before serving, sieve powdered sugar lightly over cake. Serve with strawberries, if desired.

CRUMB CRUST

- 1½ cups graham cracker crumbs
- 3 tablespoons sugar



½ cup margarine

Marlene Grady
311 Cedar Crest Drive
Ripley, W.Va.

BETTER THAN SEX CAKE

- 1 box yellow cake mix
- 1 small box instant vanilla pudding
- 4 eggs
- 1 (4-ounce) package semi-sweet chocolate, grated
- ½ cup oil
- ½ cup water
- 1 (8-ounce) carton sour cream
- 1 (6-ounce) package chocolate chips
- ½ cup chopped pecans

Combine first seven ingredients. Beat 4 minutes at medium speed, stir in chocolate chips and nuts. Bake in greased tube pan for 55 minutes at 350 degrees. Cool 10 minutes, remove from pan.

FROSTING

- 2 squares chocolate, melted
- ½ stick oleo
- little milk
- 1 teaspoon vanilla
- powdered sugar to get right consistency

Teresa M. Mayo
Route 6
South Point, Ohio

SCRATCH BANANA PUDDING

- 3 egg yolks
- 1½ cups granulated sugar
- 1 tablespoon cornstarch
- 1 tablespoon self-rising flour
- 2½ cups milk (½ water and ½ evaporated cream)
- 4 bananas, sliced
- 30 vanilla wafers
- 1 teaspoon vanilla flavoring

Use double boiler. In saucepan, mix sugar, cornstarch and flour together. Add eggs and milk gradually, 1 cup at a time, stirring. Stir in rest of milk. Cook until thick, stirring often. Add vanilla flavoring.

Place in ovenproof dish, wafers, then bananas, then pudding. Top with icing and brown a few seconds.

ICING

- 3 egg whites (not a spot of yolk)
- 3 tablespoons white syrup
- 1 tablespoon sugar
- ¼ teaspoon cream tartar
- ¼ teaspoon vanilla flavoring

Mix together egg whites until thick and fluffy at high speed. Quickly add half of syrup, mix; add sugar; mix with electric mixer. Add other half of

sugar, syrup, cream tartar and vanilla flavoring.

Patricia D. Bourne
554 Bridge St. 7

PUNCH BOWL CAKE

- 1 box yellow cake mix
- 1 can crushed pineapple
- 1 can fruit cocktail
- 1 can cherry pie filling
- 1 large container whipped topping
- 1 large package vanilla instant pudding

Bake two layers of cake. Place one in punch bowl. Spread half of the pudding. Use pineapple and fruit cocktail. Strain before using. Use half of cherry pie filling; spread whipped topping on; then use the other layer of cake. Use rest of the pudding and fruit. Cover the top with whipped topping. Garnish with pecans and a few of the cherries from the pie filling.

Mabel C. Winston
1908 Artisan Ave

PUDDING CAKE

- 1 stick melted margarine
- 2 tablespoons sugar
- 1 cup self-rising flour
- 1 cup finely chopped pecans

Mix all ingredients together and spread in a 9- by 13-inch baking pan. Place in oven and bake 15 minutes. Let cool completely.

- 1 (8-ounce) package cream cheese
- 1 cup Cool Whip
- 1 cup confectioners powdered sugar

Warm cream cheese in pan and keep turning until melted. Let cool for a couple of minutes. Use 9-ounce size Cool Whip or larger tub and reserve rest for the top. Mix all ingredients together and spread on cooled crust.

- 1 (5½-ounce) package Jello instant chocolate pudding
- 1 (5½-ounce) package Jello instant vanilla pudding

Mix until thick and all lumps are dissolved. Spread mixture on cream cheese layer.

Spread remaining Cool Whip on top of pudding and top with grated Hershey Big Block. Keep refrigerated.

Ms. Beverly A. Shaver
1720 9th Ave.

PEACH BLOSSOM PIE

- 3 or 4 fresh peaches
- 2 eggs
- 1 cup milk
- 1 unbaked 9-inch pie shell
- ¾ cup sugar
- 1 tablespoon all-purpose flour
- pinch salt

Peel peaches, cut in half and remove pit. Arrange cut side up in shell. Beat eggs well, then add milk. Mix in small separate bowl — sugar, flour and salt. Stir this mixture into eggs and milk mixture. Pour this mixture over peach halves. Bake in preheated oven at 400 degrees for 10 minutes; then reduce to 325 degrees and continue baking 30-40 minutes until only an inch circle in center

Continued Page C21

Desserts

From Page C20

remains liquid. (If peaches are sour, put a little sugar in center of each one.)

Cindy Wolfe
731½ Merritt St., Apt. 1
Barboursville

CREAM CHEESE POUND CAKE

¾ cup oleo, softened (1½ sticks)
1 (8-ounce) package cream cheese, softened
2 cups sugar
5 eggs
3 cups all-purpose flour
3½ teaspoons baking powder
1½ teaspoons salt
¾ cup milk
2 teaspoons vanilla extract

Cream oleo, sugar, cheese until light and fluffy. Add eggs one at a time, beating after each. Beat in dry ingredients alternately with milk and vanilla. Pour into greased and floured 10-inch tube pan. Bake at 350 degrees for 1 hour or until tests done. Decorate with powdered sugar. No icing needed.

Colleen Dunfee
P.O. Box 954
Proctorville, Ohio

POPPY SEED LOAF

1 package yellow cake mix
1 package instant toasted coconut pudding
½ cup oil
1 tablespoon poppy seeds
2 eggs
1 cup hot water

Combine the above and mix well. Pour into two greased loaf pans and



bake at 300 degrees for 40 minutes.

Lucy Zuercher
1821 N. 2nd St.
Ironton

APPLES AU GRATIN

1 can apples in water (not pie filling)
1 stick margarine or butter
1 cup sugar
¾ cup flour
½ pound Velveeta cheese

Grease 8- by 8-inch dish. Pour apples undrained into dish. In large saucepan over medium high heat, melt margarine. Add cheese in small chunks, stirring constantly until melted. Add mixture to flour and sugar in large mixing bowl and blend well. Pour mixture over apples. Bake at 350 degrees for 35-45 minutes or until top turns golden brown. Serves 6.

Lisa Rivers Irish
812 N. 6th St.
Ironton

MELTING MOMENTS

1 cup butter or margarine, softened
½ cup sifted powdered sugar

1¼ cups all-purpose flour
½ cup cornstarch

Cream butter; add sugar, and beat well. Gradually add flour and cornstarch, beating until smooth. Drop by teaspoonsful onto ungreased cookie sheets. Bake at 350 degrees for 10-12 minutes. (Cookies do not brown on top.) Cool slightly on cookie sheets; remove cookies to wire racks to cool completely. Frost with lemon frosting.

LEMON FROSTING

¾ cup butter or margarine, softened
1½ cups sifted powdered sugar
2 tablespoons lemon juice
1 tablespoon grated lemon rind

Cream butter; gradually add powdered sugar and lemon juice, beating until smooth. Stir in lemon rind.

Mary Lou Thomas
1742 N. 2nd St.
Ironton

HAWAIIAN CARROT CAKE

2 cups flour
2 teaspoons cinnamon
2 teaspoons soda
½ teaspoon salt
2 cups grated carrots
1 (13-ounce) can crushed pineapple, drained
1½ cups coarsely chopped walnuts
1¼ cups coconut
3 eggs
¾ cup salad oil
¾ cup buttermilk
1¾ cups sugar
2 teaspoons nutmeg

Combine flours, cinnamon, soda,

Continued Page C22

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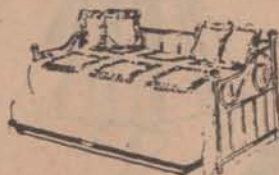
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Desserts

From Page C21

nutmeg and salt. In another bowl, mix carrots, pineapple, walnuts and coconut. In large mixer bowl, beat eggs, oil, buttermilk and sugar. Add carrot mixture and combine. Stir in flour mixture and mix well. Bake in greased 9- by 13-inch pan at 350 degrees for 45 minutes or 2 9-inch round pans for 35 minutes, or until cake tests done. Frost with cream cheese frosting.

FROSTING

4 ounces cream cheese
 $\frac{1}{2}$ cup butter or margarine, softened
 1½ teaspoons vanilla
 2¼ cups powdered sugar

Whip together cream cheese and butter. Add vanilla and powdered sugar. If too stiff for spreading, thin with a little milk. Sprinkle with ground nuts, if desired.

Sandra Sowards
 Route 1
 Milton

APPLE SNOW PIE

Crust:
 3 cups cheese crackers, crushed fine
 (1½ cups crumbs)
 6 tablespoons melted butter

Filling:
 1 envelope unflavored gelatin
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ cup sugar

$\frac{1}{8}$ teaspoon salt
 $\frac{3}{4}$ cup applesauce
 $\frac{3}{4}$ cup apple juice
 2 tablespoons lemon juice
 2 egg whites
 1 unpeeled red apple, sliced and
 brushed with lemon juice (optional)



Crust: Mix crumbs and butter. Reserving 1 tablespoon for topping, press remainder on bottom and sides of 9-inch pie plate, forming a high rim. Place in freezer 15 minutes.

Filling: In pan sprinkle gelatin over water. Stir over low heat till gelatin dissolves, about 3 minutes. Remove from heat. Stir in sugar and salt till dissolved. Stir in applesauce and apple and lemon juices. Chill till mixture resembles unbeaten egg whites, about 1 hour. Pour into large bowl of mixer; add egg whites. Whip at high speed 7-10 minutes or till very light and fluffy. Pour into crust. Chill till firm, about 3 hours. Decorate with apple and reserved crumbs. 8-10 servings.

Beverly Ferguson
 Route 2
 Patriot, Ohio

HEAVENLY CHOCOLATE CAKE
 1 chocolate cake mix
 30 Kraft caramels

1 stick butter or margarine
 1 can Eagle Brand condensed milk
 1 cup chocolate chips
 1 cup nuts

Mix cake mix according to directions. Pour on half of batter into a greased and floured cake pan. Bake at 350 degrees for 15 minutes. Melt the caramels in a double boiler then stir in the butter, chocolate chips and nuts. Stir all ingredients in with the remaining cake batter and pour on top of the baked cake. Bake until done.

Pamela Wilks
 Route 1
 Webbville, Ky.

LEMON BISQUE

1 small box lemon gelatin
 1 cup hot water
 $\frac{3}{4}$ cup cold water
 $\frac{3}{4}$ cup granulated sugar
 juice and grated rind of 1 lemon
 1 (15-ounce) can evaporated milk
 2½ cups vanilla wafer crumbs

Chill evaporated milk thoroughly (about 1 hour in freezer). Dissolve gelatin in hot water; add cold water, sugar, lemon juice and rind. Chill until partially set. Whip chilled milk until light and foamy. Add gelatin mixture gradually, whipping continually until tripled in bulk. Spread half the crumbs in bottom of 9- by 13½-inch baking dish; pour lemon mixture over them and sprinkle remaining crumbs over top. Chill at least 3 hours, or overnight.

Susan Ferguson
 P.O. Box 2482
 Huntington

Continued Page C23



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Desserts

From Page C22

CHOCOLATE TURTLES

14-ounce bag caramels
2 tablespoons heavy cream
1½ cup pecans
½ pound sweetened chocolate

Melt caramel in double boiler. Add heavy cream, cook for 3 minutes, stirring constantly. Add pecan halves. Drop on foil with spoon. Refrigerate until hard. Dip in melted chocolate.

Eugenia Webb
437 Malcolm Lane
Kenova

EASY FIX DESSERT

1 cup boiling water
1 (3-ounce) package orange gelatin
1 (3-ounce) package pineapple gelatin
1 (16-ounce) can crushed pineapple, undrained
½ cup chopped pecans
1 quart vanilla ice cream

Dissolve gelatins in boiling water. Add pineapple and nuts. Fold in ice cream. Pour into a meatloaf-type bake dish. Chill. Garnish with a dollop of whipped cream and a maraschino cherry.

Mrs. John D. Dailey
75 Oakwood Road
Huntington

STRAWBERRY PIE

1 baked pie shell
1 cup granulated sugar
3 tablespoons strawberry jello
1 quart fresh strawberries
2 tablespoons cornstarch
1 cup boiling water
1 carton Cool Whip or similar topping

Bake the pie shell according to package directions and then let cool. Mix sugar and cornstarch together, pour boiling water over this mixture and cook until thick. Remove from heat and add jello and a few drops of red food coloring, mix thoroughly and cool. Place strawberries in pie shell and pour mixture over them. Let set for 30 minutes to an hour in the refrigerator. Serve with whipped topping.

Sandra Budden
88 Valley Terrace
Huntington

ANGEL BANANA DESSERT

28 Graham crackers, crushed
5 tablespoons melted butter
Line mixture into 9- by 10- by 4-inch dish. Beat:
½ cup soft butter
2 cups confectioners sugar
3 whole eggs
1 teaspoon vanilla

Beat 10 to 15 minutes. Pour over the crust. Slice 4 large bananas over the mixture. Whip 1 pint whipping cream and place on bananas. Refrigerate.

Gerry Svesko
P.O. Box 612
Huntington

CRYSTALLIZED BANANAS

6 firm bananas



3 tablespoons oil
1½ teaspoons sugar
1 cup white vinegar
¾ cup brown sugar
¼ cup cornstarch
½ teaspoon ginger powder
¼ teaspoon salt
bowl of iced water

Peel bananas and cut in half lengthwise. In large frypan, heat oil and sugar until sugar melts. Add bananas and saute over low heat until golden brown. While bananas are cooking, combine vinegar, brown sugar, cornstarch, ginger and salt in a medium saucepan. Bring to a boil, stirring constantly. Boil 2 minutes. Pour over bananas and cook over low heat for another 2 minutes. Remove bananas one by one and dip into the iced water to set the caramel coating. Serve immediately. Serves 6.

Mary P. Ingaglio
15 Garden Lane, Apt. 2
Huntington

PINEAPPLE SUPREME CAKE

½ box Betty Crocker yellow cake mix
1 large can crushed pineapple
1 package chopped walnuts
1 cup shredded coconut
1 tablespoon mayonnaise
1 box or can cream cheese frosting with nuts

Using large mixing bowl, add all ingredients together and using mixer, mix on low speed for three minutes until well mixed. Pour into well greased, 10- by 13-inch cake pan and bake at 350 degrees for 35-40 minutes. Remove and let cool and top with cream cheese frosting with nuts.

Mrs. Deborah Ann Porter
Route 3
Chesapeake, Ohio

CINNAMON CHEESE CAKE

Crust:
1 stick melted butter
1 cup graham cracker crumbs
1 teaspoon cinnamon
½ cup sugar

Mix above ingredients together. Pat into bottom of spring-sided cheesecake pan. Bake 10 minutes at 350 degrees. Cool.

Filling:
2 (8-ounce) packages cream cheese
1 cup sugar
2 eggs, slightly beaten
1 tablespoon vanilla

Mix filling ingredients until smooth. Pour onto baked crust. Bake 30-40 minutes at 350 degrees. (Center will have small cracks). Cool 1 hour.

Topping:
1 pint sour cream
2 tablespoons sugar
2 tablespoons vanilla

Mix topping ingredients and pour over baked filling. Sprinkle generously with ½ teaspoon cinnamon and ½ teaspoon sugar. Bake at 350 degrees for 10 minutes.

Store in refrigerator overnight and then enjoy. Serves 10.

Kay Propst
Esquire Estates
505 Big Bend Road
Barboursville

GRASSHOPPER PIE

1 cup sugar
½ stick margarine, melted
3 eggs
1 teaspoon vanilla
½ teaspoon white vinegar
½ cup pecans
½ cup coconut
1 small bag chocolate chips

Mix well by hand. Bake in pie shell 40-45 minutes at 350 degrees.

Bernadine Howes
5248 Williams Ave.
Ashland

STRAWBERRY PIE

1½ cups sugar
½ cup cornstarch
1½ cup cold water
1 quart strawberries
½ box strawberry jello
1 baked pie crust

Wash and drain strawberries. Combine sugar, cornstarch and water in a saucepan and cook over medium heat until thick and clear. Remove from heat and add ½ box of strawberry jello and three drops red food coloring. Let set up in refrigerator. When moderately thick, add filling and strawberries to baked pie crust.

Lynette Call
700 Kuhn St.
Barboursville

MELT IN YOUR MOUTH BUTTER TART SQUARES

¾ cup flour
¼ cup brown sugar
½ cup butter, softened

Mix together. Pat into 9- by 9-inch square pan. Bake 10 minutes at 350 degrees. Set aside.

Beat until fluffy:
2 eggs
Add:
½ cup white sugar
¼ cup flour
½ cup light corn syrup
1 teaspoon vanilla
1 cup seedless raisins
½ cup chopped pecans

Pour this over baked crust. Bake 25-30 minutes at 350 degrees. Cool. Cut into squares.

Mrs. Duane Hopkins
1656 Buffalo Creek Road
Huntington

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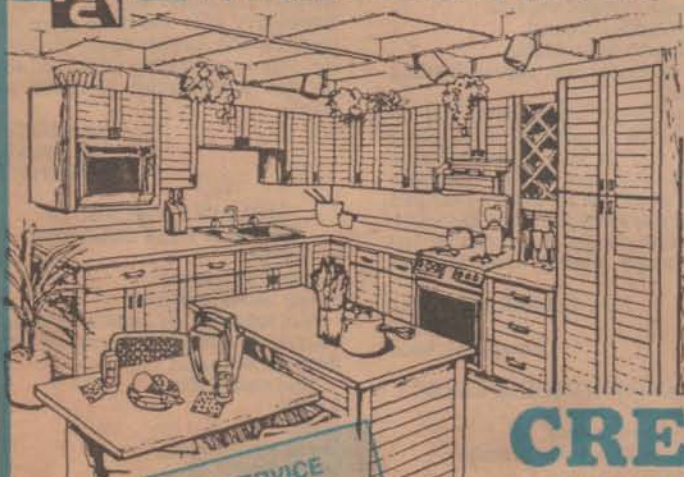
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